

FIGURE 1

100

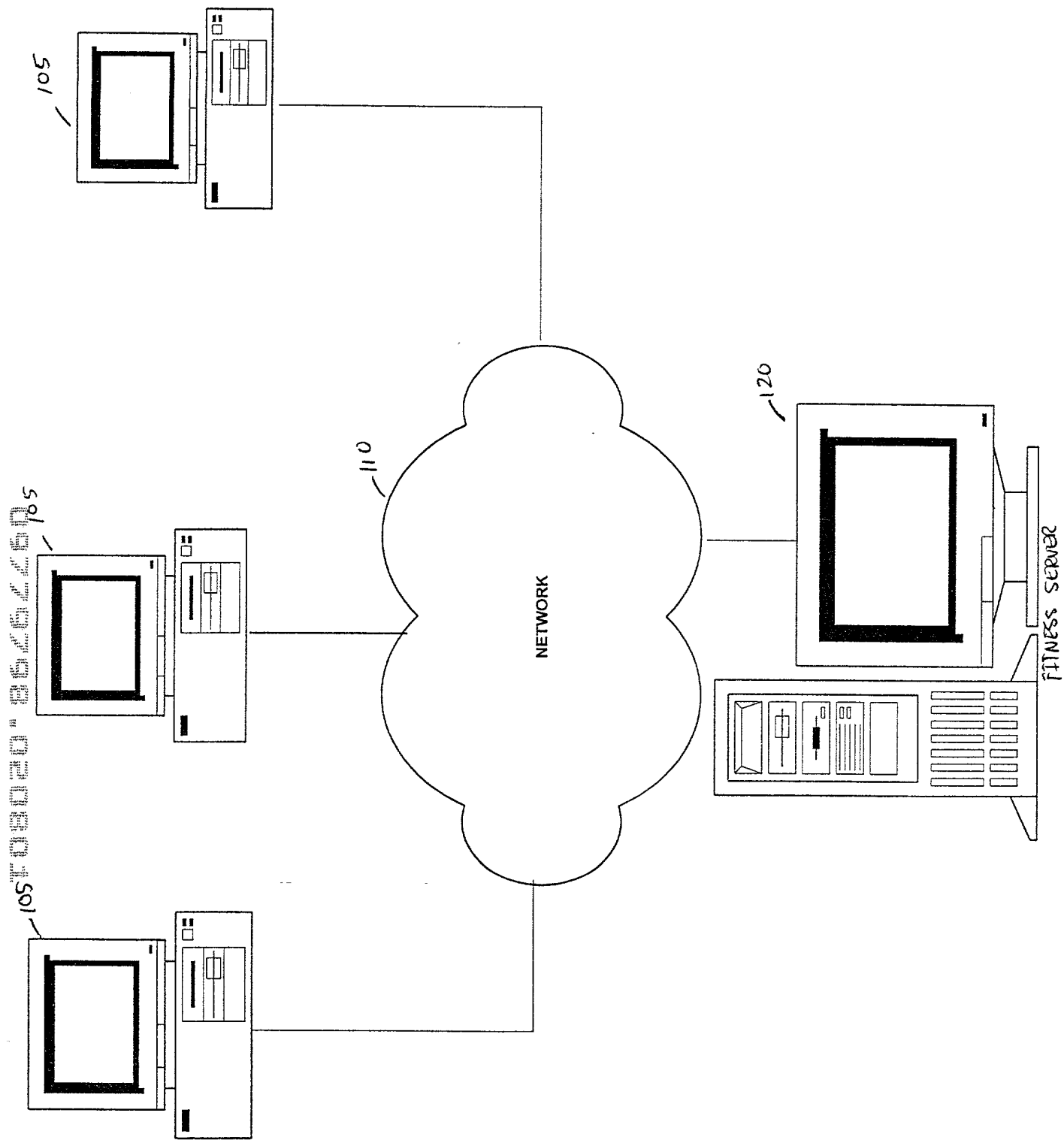


FIGURE 2

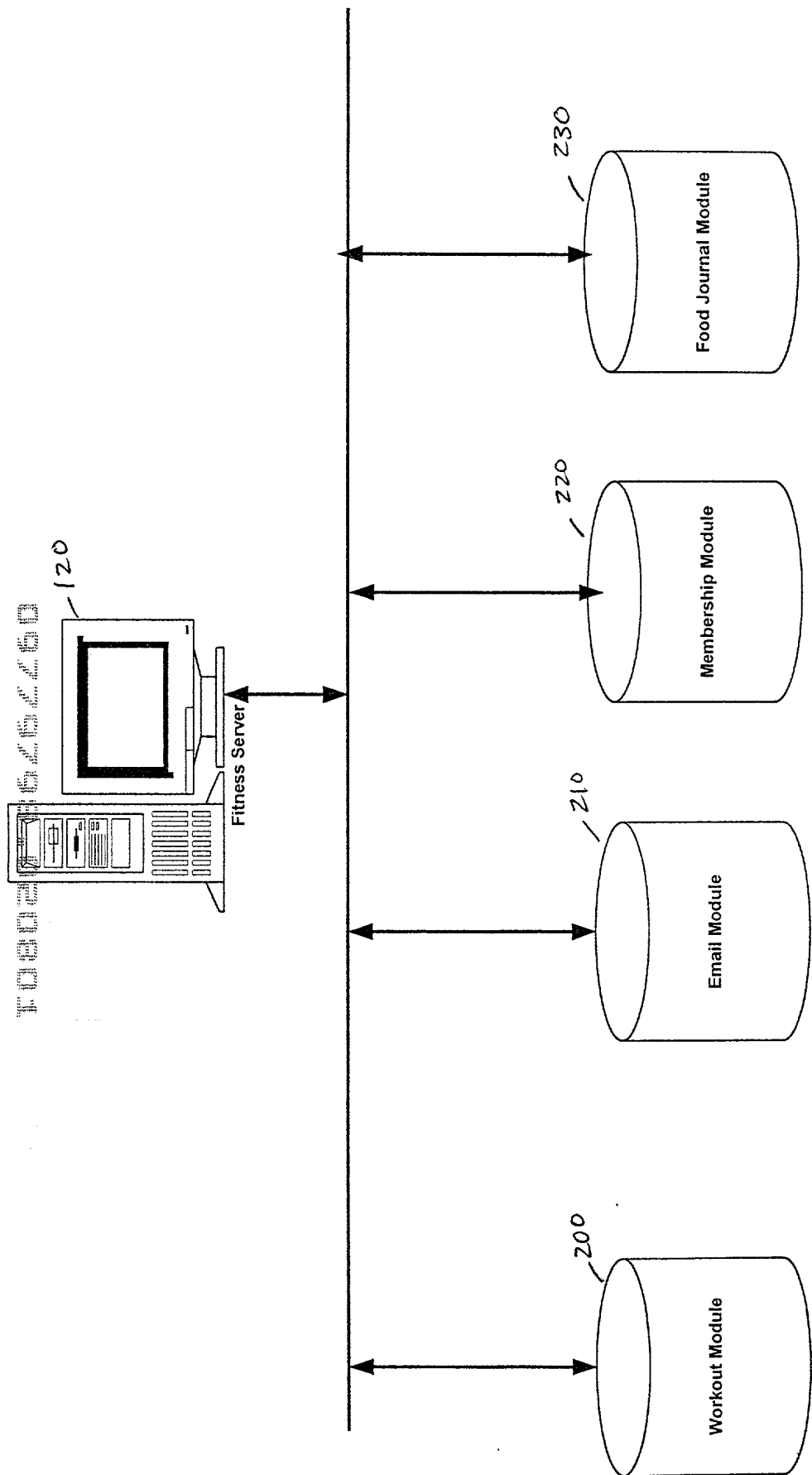


Figure 3

FIG. 3 is a block diagram of a system for providing a workout routine.

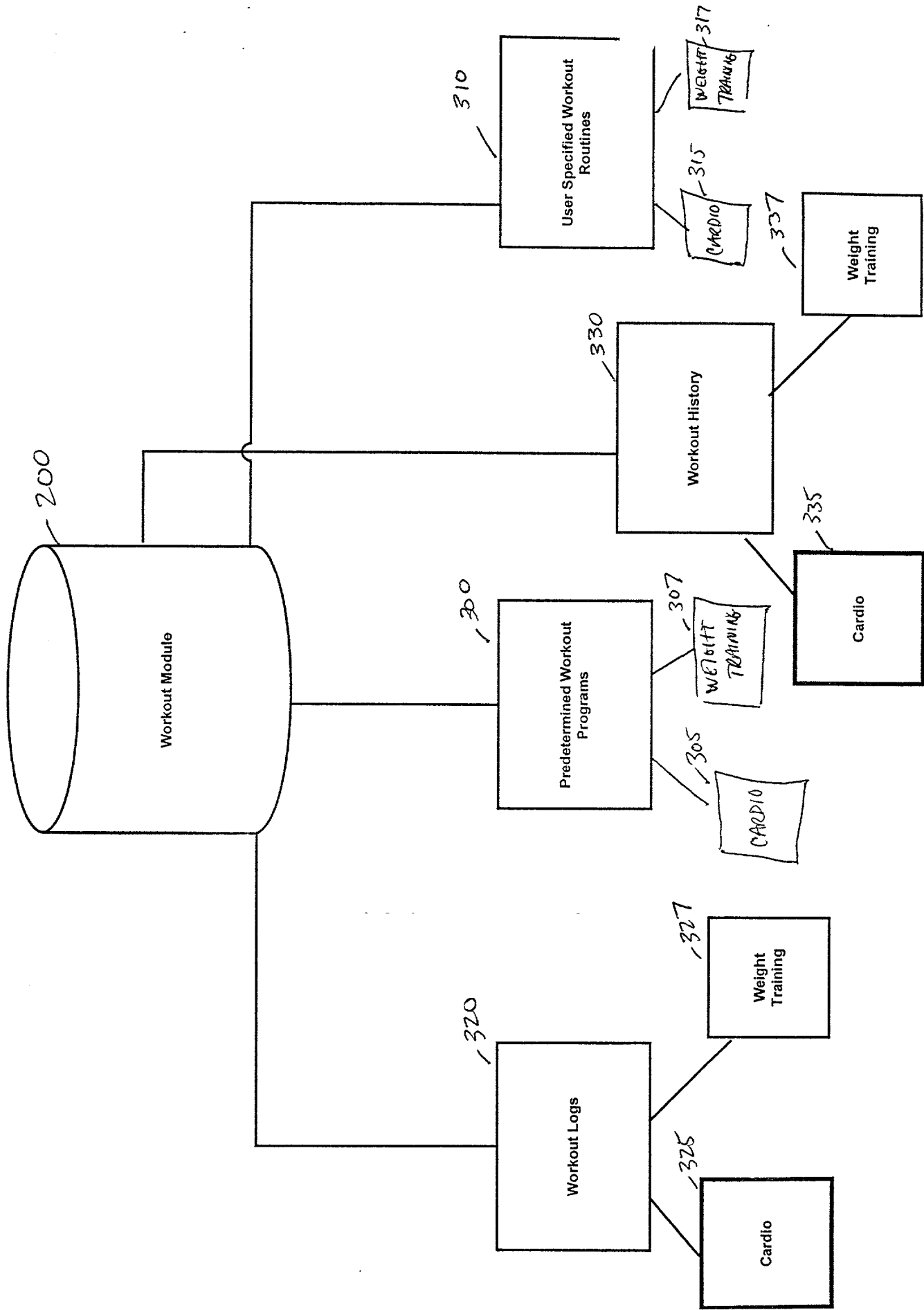


Figure 4

FIG. 4

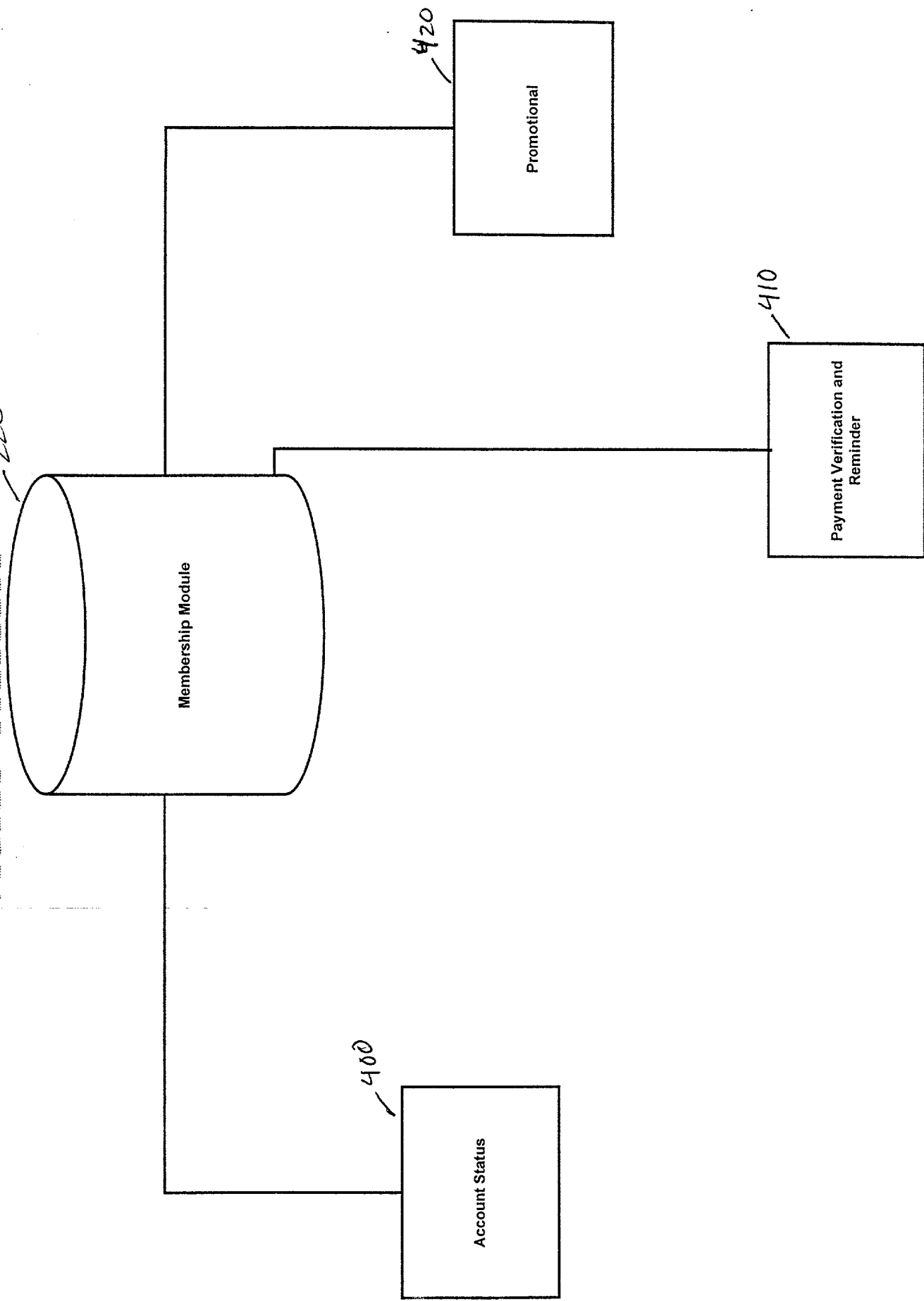


Figure 3

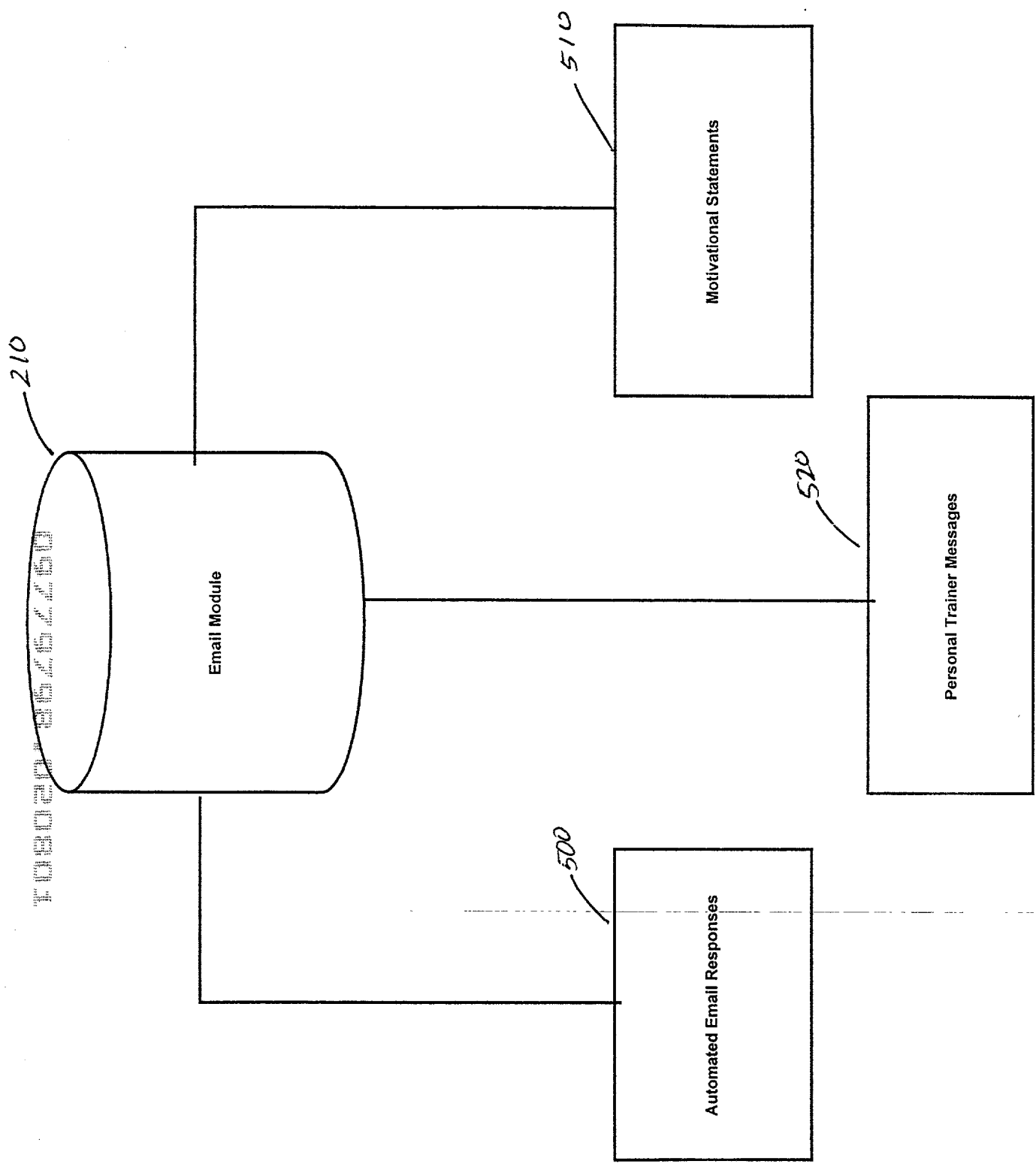


FIGURE 6

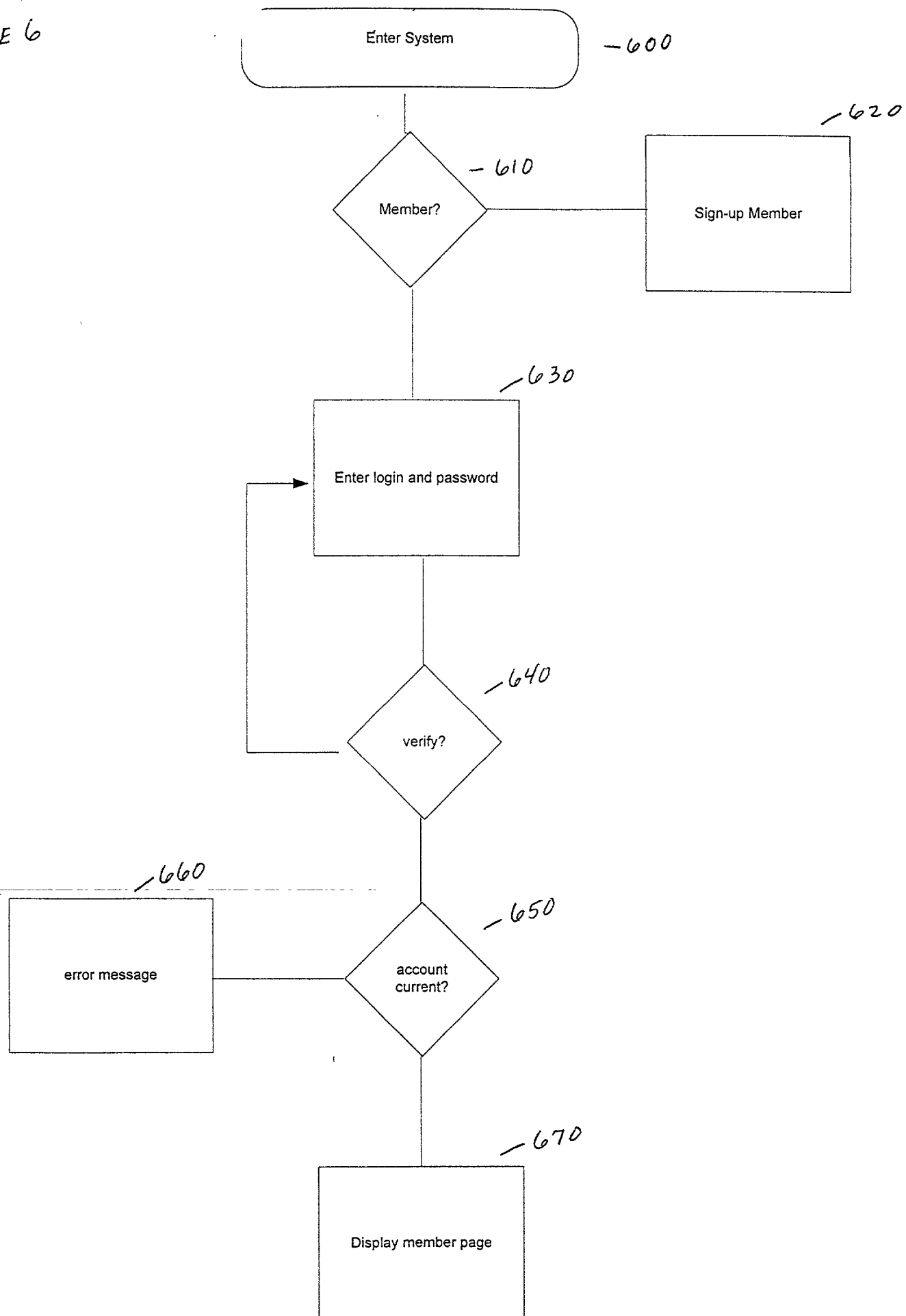


FIGURE 7

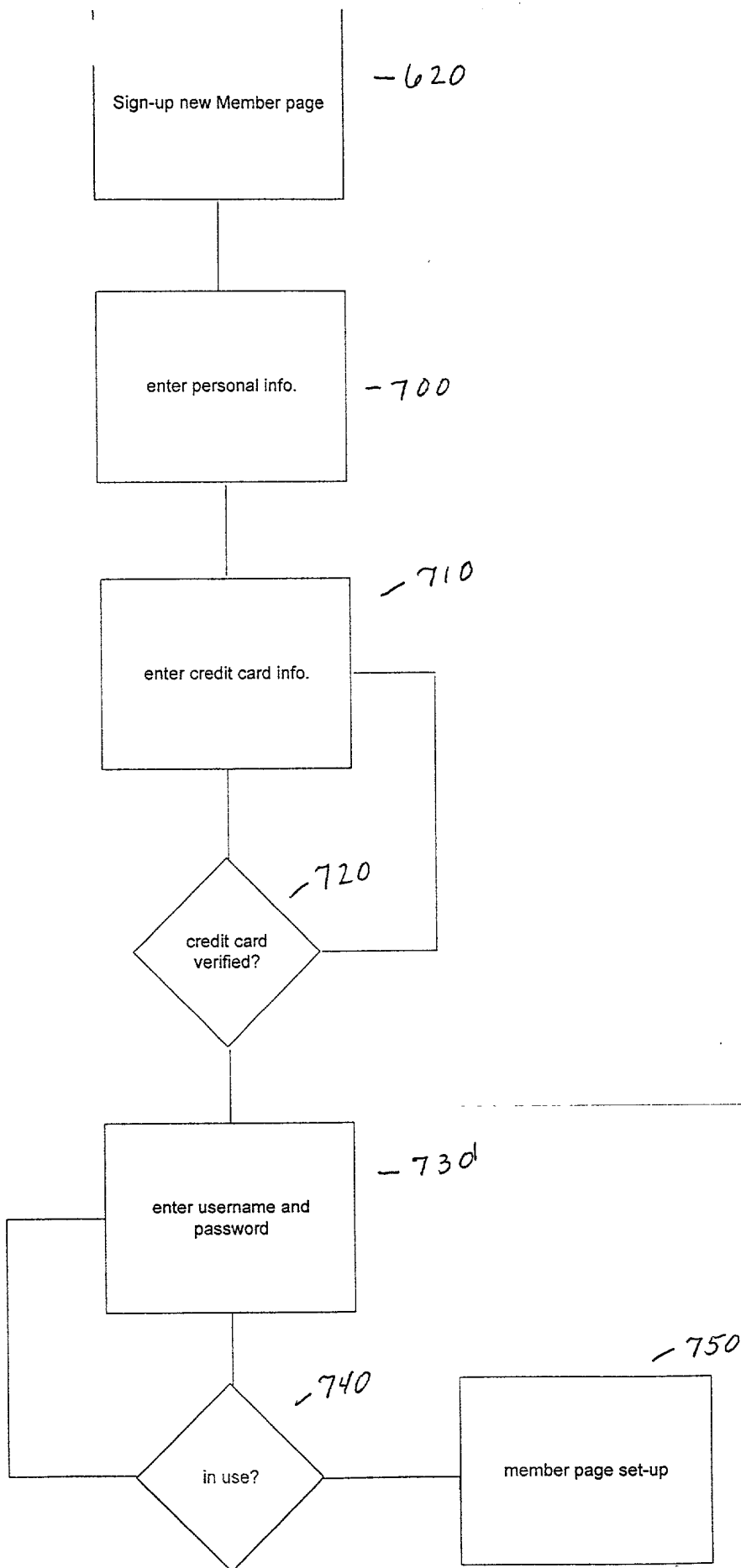
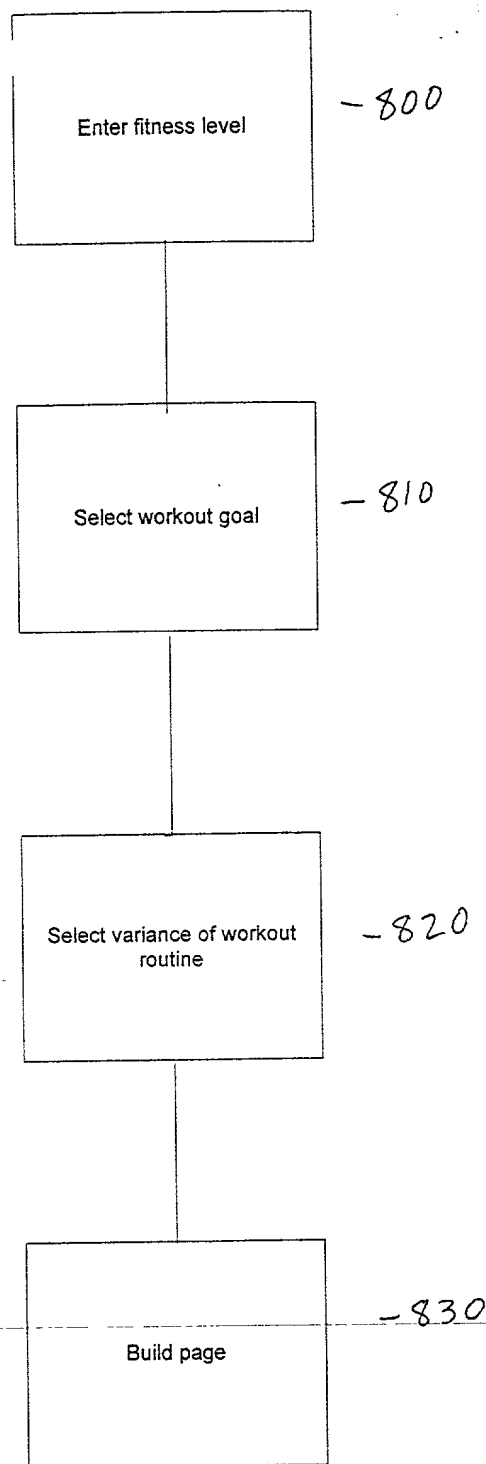


FIGURE 8



09779758-030801



Full Name: \_\_\_\_\_ Week #: \_\_\_\_\_

Date: \_\_\_\_\_ Day: \_\_\_\_\_ of 84

ID #: \_\_\_\_\_

Instructions go here - Don will send later

905      910      915      920

**Workout Plan 2**

Muscle Group	Exercise	Reps	Weight (lbs)	Minutes of Rest Between Sets
Hamstrings (P)	Laying Leg Curl	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Ball Rollouts	exhaustion		0.5
Calves (S)	Seated Calve Raise	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Leg Raises	exhaustion		0.5
Back (P)	Lat pulldowns	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Crunches	exhaustion		0.5
Biceps (S)	Dumbell Seated Curls	13-15		1
		10-12		1
		8-10		1
		6-8		1
		20		none
Core/Abs	Crunches	exhaustion		0.5

**Cardiovascular Workout — 925**

Exercise: \_\_\_\_\_ Speed: \_\_\_\_\_

Time: \_\_\_\_\_ Level: \_\_\_\_\_

Duration: \_\_\_\_\_ Target Heart Rate: \_\_\_\_\_

# Bleachers/Sprints: \_\_\_\_\_

List of Exercises: Bike-Bleachers-Elliptical-Sprints-Track-Treadmill-Other: \_\_\_\_\_

09779798-030801